

CLEMENT MANOR		Clement Manor S/S Midwest Alts 2026			Regular/NAS/Consistent CHO		Week 4
Sunday September 6	Monday September 7	Tuesday September 8	Wednesday September 9	Thursday September 10	Friday September 11	Saturday September 12	
Breakfast							
Choice of Cereal Buttered Waffles Sausage Patty Wheat Toast	Choice of Cereal Eggs Breakfast Ham Slice Wheat Toast	Choice of Cereal Cheesy Scrambled Eggs English Muffin	Choice of Cereal Scrambled Eggs Biscuits Vanilla Yogurt	Choice of Cereal Buttermilk Pancakes Eggs	Choice of Cereal Cheesy Scrambled Eggs Wheat Toast	Choice of Cereal Eggs Biscuits & Sausage	
Lunch							
Crunchy Cod Coleslaw Au grain Potato Dinner Roll Cookie	Sliced Turkey Potato Salad Baked Bens Chef Choice	Sweet Citrus Glazed Chicken Roasted Potato Medley Seasoned Peas Wheat Bread Lemon Poppy Seed Cake	Philly cheese Steak Bowl Baked Potato Corn Vanilla Ice Cream	Lemon Pepper Tilapia Potatoes Green Beans Wheat Bread Strawberry Cream cheese Brownie	Fried Shrimp French fries Mixed Veggie Chef Choice	Pork & Veggie Stir Fry White Rice Dinner Roll Vanilla orange Cake	
Hot Dog on a Bun	Cheese Burger w/ Lettuce	German Kielbasa	Chicken Lasagna	Beef Ravioli w/ Sauce	Herb Garlic Cod	Grilled Cheese Sandwich	
Dinner							
Soup of the Day Chicken Salad w Crackers Mixed Veggies Dinner Roll Sliced pears	Soup of the Day Beef Enchilada Sautéed Peppers & Onions Watermelon Mexican Rice	Soup of the Day Grilled Ham & Swiss Sandwich Malibu veggies Red Grapes	Soup of the Day Turkey Goulash Seasoned Broccoli Dinner Roll Apple Slices	Soup of the Day Pot Roast Sandwich Marinated Cucumbers Mixed melon Salad	Soup of the Day Turkey & Provolone Sandwich Pasta Salad Chips Fruit cup	Soup of the Day Salisbury Steak Mashed Potatoes Garden Season Carrots Cinnamon Applesauce	
Italian Meatball sub	Grilled Chicken Breast	Baked Spaghetti	Brat on a Bun	Cheese Pizza	Roasted Pork Tenderloin	Fish Sandwich w cheese	
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